Eco-Sense

AEHA/AASE

The Allergy and Environmental Health Association of Canada
Association allergies, santé et environnement du Canada
Ottawa

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OUR THANKS

Contributors
Sue Beck
Barb Bellin
Chris Brown
Elizabeth Hare
Patricia Hollingsworth
Stéphane Lecouffe
Julie Levi
Anne McCallum
Lisa Moore
Leslirae Rotor

Editorial Board
Johanne Falardeau
Elizabeth Hare
Julie Levi
Lisa Moore

Distributor
Art Read

Advertising
Lisa Moore

Cover Art
Becky Mason

Our Advertisers
Allergy Shop
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Eco-Sense is always looking for interesting information to include. If you'd like to contribute an article or book review, have a topic you'd like us to write about, or find some fascinating snippets, send them to:

Julie Levi
Blackfish Bay Trail
Combermere, ON K0J 1L0
(613) 756-7922 fax
blackfish@mv.igs.net email

Deadline for next edition: **May 8**

The editor reserves the right to use or make changes to your contribution.

CONTACTS

President:	Leslirae Rotor	860-AEHA
Treasurer:	Arthur Read	828-6594
Secretary:	VOLUNTEER NEEDED	
Air Cleaner Co-ordinator:	Barb Bellin	730-2403
Book Librarian:	Sharon Jeffers	253-0435
Workshop Co-ordinator:	VOLUNTEER NEEDED	
Membership:	Johanne Falardeau	837-7173
Newsletter:	Julie Levi	756-0714
Advertising Manager:	Lisa Moore	247-9437
Public Relations:	Anne McCallum	225-6133
Tape Librarian:	Pat Gorgas	224-0801
Telephone Tree:	Danielle Lafleche	764-3757
AEHA Telephone Line:	VOLUNTEER NEEDED	
Organic Meat Chair:	Stéphane Lecouffe	819 648-5864
Organic Meat Orders:	Carolyn & Mel McCoy	825-0279

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President's Corner

I've noticed that many new members and even some longer-time members are often at a loss as to how to recover. It would be nice if there was some succinct book to refer people to, but there are only ones that cover, at best, parts of some of the areas. Writing a more comprehensive book has been on my list of things to do for years, but isn't likely to happen in the near future given the demands on my time. Hence, this column (and sequels) are intended to fill some of the gap. Future columns will take a closer look at the specifics of various steps.

Elements of a Recovery Plan

A. Attitudes / Consciousness

1. Make a conscious decision to get well and be willing to work on doing so. Are you willing to take responsibility for your recovery or do you put your hopes into finding a doctor who can "cure" you effortlessly by popping a pill? Are you willing to challenge your beliefs about health and well-being and how to achieve it? Are you willing to make your recovery a very high priority in your life and apportion it a proportionally large quantity of your possibly very limited time and money?

2. Learn to tune into your body and emotions and learn to trust and act on the knowledge you access.

3. Support your body's natural processes toward healing. Consider whether the human body is designed for many of the ways we treat it and make changes with this in mind.

4. If you don't already have a sense of spiritual connection, find a way of cultivating your spirituality in a way that is initially at least comfortable, and develop this area of your life. Discovering some higher purpose for having become ill, having a higher purpose for recovering, and having a sense of spiritual support for one's recovery is often helpful.

5. Cultivate hope, persistence, patience and a willingness to learn. Knowing that many others more ill than you have recovered through their own efforts may provide you with the necessary hope to make the effort needed.

6. Experiment and discover what is best for you. What works for others may or may not be good for you. Trust yourself. Learn to distinguish between healing crises and adverse reactions, etc.

7. Honour your feelings and validate yourself. Find ways to express and cope appropriately with whatever feelings you experience.

8. Appreciate the good in your life. We all have some things to be grateful for.

B. Steps to Recovery

1. Rest: taken when you are tired, instead of a pre-determined or "convenient" schedule.

2. Eat only high quality, tolerated foods. This needs to be a two-pronged approach--avoidance of any food you don't tolerate, combined with building the healthiest possible diet. This will mean expanding your diet beyond the realm of the Standard American Diet (SAD).

3. Drink only the purest, tolerated water. Other beverages should be limited to occasional, tolerated, healthy drinks.

4. Arrange to breathe the purest air you can manage.

5. Evaluate your electromagnetic exposures and reduce these to the extent possible, particularly if you find you are electromagnetically sensitive, or are severely ill.

6. Be aware of what you touch and/or absorb through your skin.

7. Consider appropriate alternative treatment modalities.

8. Find a form of tolerated exercise and practice it on a regular basis. Listen to your body about how much is appropriate--it may be that you can tolerate only very mild, brief spells that seem hardly worth doing at the beginning. If walking across the room once a day is too much, reduce your initial expectations!

9. Arrange for emotional support. If friends and family don't or won't support your recovery, look for a new friend in AEHA who is at a similar level and is willing to exchange support on a mutual basis.

President's message–cont.

10. Find resources--books, tapes, workshops, lectures. Have discussions with people who are going through the same thing or who have recovered. Volunteering for small (or large) jobs for AEHA is a great way to get to know people and find out how to get better!

11. Stand up for yourself and your rights to accommodation and equal treatment. Join with others to lobby for access to what other citizens take for granted, be it employment, disability benefits, recreation, transportation, housing, safe food, pure water and air, education, safe medical treatment, etc.

Attitudes and conciousness are important elements of any recovery plan. In future columns, I will explore these elements further. Good luck--and see you at the February meeting.

Leslirae Rotor, Ottawa Branch President <>

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Letters

Dear **Eco-Sense** Editor

It was encouraging to hear of another successful day surgery experience*, and how it was achieved. This is the first step in educating hospitals about our needs as people with sensitivities; as out-patients. Having had many varied hospital experiences it is clear that when dealing directly with health care providers, such as doctors, nurses and other support staff, sensitivities are taken seriously and recognized as real disabilities, as well as medical problems.

Unfortunately, when this direct relationship is interfered with, and an admission is required, administrative medical staff become involved and the situation can become incredibly difficult and complicated. Some of this has to do with budget cuts and the reluctance of hospitals to provide special services that they see as costly; involving special accommodation and care.

However, providing the minimum of consideration for the disability; a clean room and protection from significant chemical exposures is not necessarily costly. This, not a perfectly controlled environment (an ECU), is what could be considered reasonable for all hospitals. Some of these misconceptions would be correctable if communication was encouraged between the day surgery staff, who have dealt with people with sensitivities successfully, and the in-patient and administrative staff.

Perhaps the administrators, who are so convinced that this type of care is unnecessary, could be encouraged to see the discrepancy between realizing the need and providing it, at one level of care and refusing it at another, just because it might be more difficult. Then they would not be able to use the excuse that it is not needed.

Although our successes are a beginning, many attitudes need to be changed. If sensitivities are being recognized and handled in day surgery, there is no reason for the abuse of in-patients. Currently, an admission can be frightening and a potentially dangerous experience. It is amazing how differently one is treated, depending on circumstances and attitudes, leaving patients feeling insecure and vulnerable.

Much of the change will have to be initiated at the Ministry level, with the support of physicians, the OMA, and other agencies. This outside influence, combined with communication, in hospitals, between patients, staff, departments and administration, will bring the issue forward. Then sensitivities can be recognized by all staff at all levels and a cohesive policy can be introduced that protects every person affected, instead of the random chance outcome, currently being achieved.

Susan Beck <>

*"Hospital Experiences--News Flash", *Eco-Sense*, Fall 1996

Editor's Note: Signed letters to the editor are most welcomed.

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Letters--cont.

Dear AEHA Eco-Sense,

I was concerned to see the ad for the Clearveil fanless electronic air purifier (in fact a negative ion generator, although they claim otherwise) in the fall Eco-Sense, due to the unfavourable reports I have read about this type of device. Let me stress that I have no direct experience with the Clearveil unit; my opinion is based on my reading of impartial articles and Clearveil's own advertising materials.

My main reservations are as follows:

- The Clearveil has no fan. It is very unlikely that all charged dust particles will find their way back to the collector.

- Uncollected particles will adhere to drapes, walls, etc. (until they lose their charge and begin to circulate again)--and to the skin, eyes, and mucous membranes (including lungs) of occupants.

- Claims for odor-reduction are dubious. Gaseous pollutants, as such, cannot be collected by this type of unit. Some odorous molecules may cling to particles which are collected--but the odors may then off-gas again from the collector.

- The ionizing wire carries a high-voltage direct current charge (-6000 to -9000 volts, according to one source), which will produce some ozone.

- Officially acceptable levels of ozone are questioned by many researchers. Furtherm AEHA members are likely to be even more ozone-sensitive than the general public.

- AEHA members are also at special risk fo sensitivity to electromagnetic fields, such as would certainly be produced by this device.

- Claims for health benefits of negative ion generation are still being questioned.

While I realize that Eco-Sense needs revenue, I do hope that you will re-consider accepting Clearveil ads. Despite the disclaimer, the very presence of any ad does seem (to me) to imply an endorsement.

Thanks for your time and effort in considering this matter.

Sincerely,

Barb Bellin, AEHA Air Cleaner coordinator

613 730-2403

Editor's Note: Barb has several articles available which elaborate on her points. Contact her for further information. Her concerns have been forwarded to the AEHA Ottawa Branch executive for consideration. *Eco-Sense* tries to include ads that will be of interest to its readers but does not endorse any products. <>

Disease Resistant Chemical-Free Apples

That's the result that apple grower Gaye Trombley expects from her Avalon Orchards. Ms. Trombley's apples have no chemical residue and are resistant to disease. Taking over an old farm south of Barrie, Ontario, eight years ago, Gaye searched for sturdy apple varieties that would be "environmentally friendly".

She now has over 6,000 trees, including seven varieties of apples. This year the orchard is expected to produce about 5,000 bushels. The trees require no fungicide sprays although she does use a quick-dissolve (2 day), organic phosphate pesticide twice a year, which does not leave a residue.

Her earliest apple, the Redfree, is ready in late August. The Novamac from Nova Scotia, is ready in September. The Prima has a bright, red blush over a yellow background and is harvested with the Novamac. The Liberty is a deep, dark-red apple that is perfect for desserts. Also great for desserts is he Priscilla, a late-harvesting apple. For fresh eating, sauce, or juice, the Freedom apple is ideal. The atest variety, the Novaspy, is especially firm, crisp, and great for storage.

you are thinking of investing in orchard stock that can be grown without pesticides, these varieties are rth checking out. Consult a local supplier or contact the Experimental Farm for sources.

e: Gaye's first trees came from the Smithfield Research Station, near Trenton, Ontario. <>

Question:

What do you get when you have major shareholders who are:

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7 Security Companies;
4 Venture Capital Groups;
2 Insurance Companies;
1 U.K. Bank, and
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together with $61.7 million in
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One Employer's Positive Response

by Lisa Moore

In December 1992, I started a new job as a Systems Engineer with EDS Canada. EDS is a global Informatic Technology Company, headquartered in Plano, Texas. My health, I thought was fairly good, besides having bronchitis a lot, and taking strong antibiotics.

In March of 1993, I was diagnosed with asthma and was put on inhalers... I haven't had bronchitis since.

In April of 1993, I was getting flu-like symptoms off and on for no apparent reason. My wedding was comin up on May 15th and I was not getting any better. I made it through the wedding on sheer willpower only to er up in the hospital the next day. Of course I was told that my symptoms were all in my head and due to weddin stress.

For the next six months I was on and off sick leave from work (more on than off), seeing all sorts of specialists that could find nothing wrong. A friend of the family told me about Candida and the problems associated with it. It sounded just like me! I was referred to Dr. Molot and was diagnosed with Candida and multiple food allergies. I was put on a course of treatment and I started to feel a lot better.

In the meantime, I was working more days at a client site that was undergoing renovations. I would feel fine in the morning but by mid-afternoon, I was suffering reactions and would have to take a taxi home.

In January 1994, my employer allowed me to work most days from home with my computer and modem. Late January 1994, I found out that I was pregnant. I spent the next 3 months with 24 hour-a-day "morning" sickness and Candida symptoms. I again had to take a lot of sick leave. I tried working in the office in April and May 1994, but still would suffer reactions to the office air and would have to spend more time working at home.

During my pregnancy I started to react to chemical smells, such as perfume, cologne, fabric softener, etc. By the time my maternity leave was over, it was apparent that I had multiple chemical sensitivities and could not work in an office environment. EDS helped to set me up to work from home, and have been very willing to give me projects that can be performed effectively in my situation. If a need for a meeting arises, I am either teleconferenced in or the meeting is held at my home and everyone will arrive scent-free, respecting my illness. I am very lucky to be working for a very understanding company that is flexible enough to allow me to continue to work in an almost allergy-free environment. <>

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Problems Discussing Environmental Sensitivities

by Chris Brown

Simply the way we're talked about causes problems. Some journalists, medical organizations, government officials, many affected consumers and even supportive professionals promulgate misconceptions which indirectly cause damages to persons with sensitivities. Misconceptions generate unnecessary costs to public agencies and private concerns in health care and other fields.

The long-known existence of sensitivities of varied etiology is ignored. Doctors have known for a century that chemical exposure can result in systemic immune dysfunction. Hostile physicians argue against the existence of sensitivities on the basis of their own ignorance--not a really solid argument! However, we help enable the abusers when we react categorically. A circle of complementary approaches is turned into a bipolar, mutually exclusive argument about a non-existent homogenous group. Complementary approaches arising from differing needs are portrayed as being in conflict.

For instance, instead of being included as one of several legitimate causes, post-traumatic stress disorder is either absolutely denied or accepted and seen as invalidating other explanations. A consequence of this polarization is that the legitimate need for physical accommodation by persons with sensitivities resulting from somatoform illness is denied--even to the extent of causing deaths in clinical settings, such as eating disorder clinics.

Damages are trivialized. The consequences of hostile remarks and arbitrary actions are described as being merely hurt feelings and an absence of medical treatment. In fact, the consequences include serious disability, broken families, ruined professional reputations, bankruptcy, mistreated children, all of which has led to several suicides. These serious consequences and concomitant health and social costs are ignored.

Also ignored are the consequences for persons in high risk groups who, according to official, mandated recommendations, should be identified and protected from being hurt by treatments and environments which, if their problems are caused by sensitivities, will cause increased disability and other damages.

Immediate concerns about ending preventable abuse are ignored while discussion focuses on more abstract concerns about the legitimacy of this or that theory of causation, or potential future medical treatments. The failure of the system is described as a failure to provide services rather than a failure to protect people from being caused preventable harm.

Cynics quite comfortably express opinions that sabotage people's reputations and cause other damages on the basis of an absence of information. The damages involved constitute adequate reason for requiring evidentiary reason before undermining the legitimacy of our experience and perceptions, our integrity. Professionals have an even greater responsibility to ensure that damaging opinions are based on evidence rather than ignorance, or prejudice, especially as we are experiencing events in the environment that can be both controlled and repeated.

Recommendations from eminent mandated authorities designed to protect people from abuse by health care professionals, using existing methods, are ignored. Our situation parallels that of hemophiliacs who were infected by HIV in blood products while authorities ignored available means of protection.The fact that both government and non-government institutions are well aware of the above points, aware that their own failure to implement official recommendations is resulting in disability and deaths, is ignored. When their complicity with abuse is mentioned, enablers and abusers alike puff up in indignation, and turn their backs.

Enablers and abusers in the health care system have a clear interest in deliberately confusing debate. They have caused millions and millions of dollars in damages through arbitrary actions based on positions a judge and five doctors described as "clearly untenable". They have ignored mandated recommendations. They sustain a practiced ignorance of others' efforts to end abuse.

Health officials' callous disregard for abuse goes unrecognized partly because these same officials skew arguments to cover up their negligence. For instance, officials dishonestly equate the long-recognized experience of sensitivities with the controversial approaches of "doctors of environmental medicine", knowing that fewer than

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Problems Discussing Environmental Sensitivities–cont.

half of people with sensitivities subscribe to these approaches, knowing that the legitimacy of one is not logically dependant on acceptance of the other.

Costs are considered only on the downside. Direct and indirect savings from ending inappropriate (and abusive) treatments to persons whose problems are caused by sensitivities are ignored, as are related savings such as insurance or pension payouts that might be unnecessary if sensitivities were identified and dealt with, not to mention the savings gained by reduced disability and chronic illness.

Meanwhile, the usual media construction continues to be David (fringe supportive medical opinion) against Goliath (the big bad medical establishment, as represented by hostile physicians on the opposite fringe), with the damsel in distress (emotionally upset but passive and inarticulate about abuse issues) whimpering on the side. There is no mention of damages, no exploration of what many of us believe is the real reason officials continue to equivocate.

Meanwhile, authorities knowingly abuse with impunity. <>

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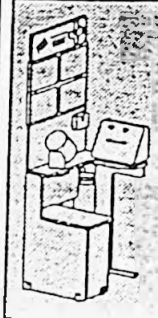
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The Instant Gardener

by Anne McCallum

Gardening is gaining popularity as baby boomers discover its delights and rewards. As the public becomes aware of the hazards of pesticides and chemical fertilizers, organic methods are now viewed as trendy rather than eccentric.

Most of us with environmental sensitivities can benefit from growing a few vegetables. Gardening is a relaxing activity, provides good exercise, helps us to control what we eat, and saves on food bills.

A lack of basic knowledge discourages many people from starting a garden. Few of the glossy volumes in bookstores cover all of the basics. To solve this dilemma, and to encourage you to get out there digging in the mud and sunshine while you are still young enough to bend over, I would like to share some basic organic gardening information and hints.

Several factors affect plant growth. These are light, moisture, temperature, soil types (clay, sand, or humus), nutrients, and acidity or alkalinity (pH).

Follow planting instructions for light. As a rule, "full sun"means not less than six hours of sunlight during the warmest part of the day; "part shade" means less than six hours of sun, morning or evening; and "shade" means little or no direct sunlight.

Think of light requirements when choosing where to put your garden. Most vegetables require full sun and well-drained soil, so avoid shady or low-lying, wet areas.

Moisture requirements vary, and can be best learned through observation. Watering is best done in the early morning, and preferably at the base of plants, rather than on the foliage, to reduce growth of rust or mildew. Allowing the soil to become nearly dry, then watering deeply and thoroughly every several days is preferable to frequent, shallow watering for established plants. Seedlings, or recent transplants, should be kept moist and protected from extreme heat until established.

It may take a few years to "balance" soil and nutrients. Fruits and vegetables grow best in well-drained, rich soil. To lighten heavy clay soil, add one third each of sand and humus material, such as compost or peat moss. Add clay and humus, etc., to sandy soil in the same ratio. Specific plant needs may vary.

It is important to maintain adequate levels of nitrogen (N),which promotes growth of leaves and stems; phosphorus (P), which promotes fruit and flowers; and potassium (K) which promotes healthy root growth. Commercial fertilizers use numbers to show the N-P-K ratio of their products.

For gardeners who prefer organic sources, here are some suggestions:

Nitrogen: blood meal, fish meal, grass cuttings, or high nitrogen bonemeal. Planting legumes such as peas, beans, and soybeans will add nitrogen for next years crop.

Phosphorus: bonemeal, fish or seaweed extracts. Adjusting soil pH to nearer the neutral point, or adding compost will make phosphorus in the soil more available to plants.

Potassium: ground kelp, aged manure, finished compost. Wood ashes are a sources of potassium, but should be used only after soil testing.

Soil pH refers to the level of acidity or alkalinity of the soil. The scale runs from 0 to 14, where a pH below 7 is acidic, pH 7 is the neutral point, and pH above 7 is alkaline. Most cultivated plants grow best in soils with a pH of around 6.0 to 7.0.

Maintaining the correct pH is also necessary to ensure high yields and healthy plants, as very low or very high pH can disrupt the process of bacterial and earthworm activity and affect the availability of trace minerals to plants.

Acidic soil (low pH) conditions can be corrected by addition of ground limestone. The best types are calcitic limestone, which releases calcium slowly in the soil, and dolomitic limestone, which releases both calcium and magnesium. Use dolomitic limestone only if you know your soil has a magnesium deficiency. Apply in the fall at a rate of 5 pounds per 100 square feet.

Wood ashes provide an alternative short term

The Instant Gardener--cont.

solution, and should be applied once every three years only, at a rate of 25 pounds per 1000 square feet.

To balance an alkaline soil (high pH), spread or broadcast sulphur at a rate of 1 pound per 100 square feet at any time of year, and mix it into the top few inches of soil. Sulphur is a naturally occurring mineral that may be safely used, but overuse may cause plant problems.

Less drastic measures to reduce alkalinity include the use of peat moss, evergreen needles, leaf mold, or chopped leaves dug into the soil.

Home pH test kits are useful, and are available through garden centres. Lee Valley Tools has a complete soil test kit for $19.95.

Pests are always a problem. Rodale's *Chemical-Free Yard & Garden* offers this all purpose spray for any leaf-eating pests: chop, grind, or liquify one garlic bulb and one small onion. Add 1 tsp. of ground cayenne pepper and mix with 1 quart of water. Steep for one hour, then add 1 tbsp. of non-detergent liquid soap to the strained liquid. Mix well and use. As with any spray soap, it is wise to test spray a few of the more delicate leaves first to ensure no damage will result. Avoid getting this in your eyes or nose as the cayenne pepper will cause burning.

Crushed egg shells spread around lettuce or Swiss chard become sharp shards which provide a fatal challenge to soft-bodied slugs.

Regularly disturbing the top layers of soil by lightly hoeing will destroy earwigs by exposing their eggs to light and predators.

Planting compact herbs in hanging planters or large pots will protect them from earwigs and slugs. Keep planters well-watered and in a sunny spot.

Buy only healthy, sturdy bedding plants, well-labelled, with no signs of disease or insects. Beware of "bargains"!

Even small areas can be productive through continuous plantings of lettuce, green onions, and radishes. Cherry tomatoes work well on a trellis and become giant vines if planted in rich, composted soil.

Soft fruits (blueberries, red currants, gooseberries) are easy to grow, provide decorative shrubbery, and can be kept disease-free with organic sprays. Herbs are hardy and have multiple uses.

Above all, retain your sense of humour when things go wrong. Nature is very forgiving, and mistakes don't matter. You can eat or share your successes, and bury the failures in the composter, or when in complete denial, blame disasters on phantom raccoons, earwigs, rampaging slugs or the neighbour's kids. And there's always next year to plan! <>

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- *absolute safety for children, pets and wildlife*
- *we use only proven organic products*
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Seed Sources

One of the nicest things to do at this wintry time of year is to peruse the seed catalogues and plan a garden--whether it be vegetables, herbs, flowers or all of the above, gazing through lush, colourful catalogues is sure to lift one's spirits.

Here is a list of interesting companies taken from Brenda Cole's column published last year in *The Ottawa Citizen.*

Note: Addresses and catalogue prices were not verified but are assumed to be somewhat reliable!

Aimers: 81 Temperance St., Aurora, ON, L4G 2R1. 905 841-6226, 905 727-7333 fax. Botanical catalogue $4; wildflower catalogue $2. Offering a range of flowers for every situation, with more than 1,800 varieties, plus a limited selection of vegetable and herb seeds.

Alberta Nurseries & Seeds Ltd: Box 20, Bowden, Alberta, T0M 0K0. 403 224-3545, 403 224-2455 fax. Vegetable and flower seeds, shrubs and fruit trees for the short season, cold climate garden.

Karmic Exotic Nursery: Box 146, Shelbourne, ON, L0N 1S0. Catalogue $2. A great source of interesting alpines, especially for rock gardeners.

Ken Allan: 536 MacDonnell St., Kingston, ON, K7K 4W7. Free with SASE. Small listing, but a source of unusual items such as sweet potatoes for our climate, heritage tall peas and black popcorn.

Becker's Seed Potatoes: RR1, Trout Creek, ON, P0H 2L0. 705 724-2305, 705 724-1392 fax. A small, family-run seed potato farm with a great listing of certified seed potatoes for the home gardener.

William Dam Seeds: P.O. Box 8400, Dundas, ON, L9H 6M1. 905 628-6641, 905 627-1729 fax. Known for its untreated seeds, they offer a good selection of vegetables, herbs, and flowers. Also have small quantities of cover crop or potato seed.

Howard Dill: RR 1, Windsor, NS, B0N 2T0. 902 798-2728. Howard is renowned for his world record pumpkins (365 KG).

Dominion Seed House: Box 2500, Georgetown, ON, L7G 5L6. 905 873-3037, 800 282-5746 fax. An informative catalogue with a good selection of flower, vegetable and herb seeds.

Gardens North: 5984 Third Line RoadNorth, RR3, North Gower, ON, K0A 2T0. 613 489-0065 voice or fax. Catalogue $4. Specializes in hardy perennials.

Johnny's Selected Seeds: 310 Foss Hill Road, Albion, ME, 04910-9731. 207 437-4301, 207 437-2165 fax. My personal favorite for untreated vegetable and heirloom seed for northern conditions. Also herbs and flowers and very helpful staff.

McFayden Seed Co. Ltd: 30-9th Street, Suite 200, Brandon, MB, R7A 6N4. 204 725-7300, 204 725-1888 fax. A colourful catalague of stardard vegetables, flowers, bulbs, hardy roses, fruits, perennial plants, and seed potatoes.

New Meadows Wildflower Seeds: 38 Katherine Crescent, Kitchener, ON, N2M 2K1. Catalogue $2. Native wildflower seeds for woodland, wetland and prairie habitats.

Ontario Seed Company: P.O. Box 7, Waterloo, ON, N2J 3Z6. 519 886-0557, 519 886-0605 fax. Mostly untreated vegetable, flower, and herb seeds.

Prairie Grown Garden Seeds: Box 118, Cochin, SK, S0M 0L0. 306 386-2737. Organically-grown seeds for short-season gardens.

Richters: Goodwood ON, L0C 1A0. 905 640-6677, 905 640-6641 fax, orderdesk@richters.com. Catalogue $2. Known for its wonderful selection of herbs. Now offers a selection of organic plant foods, insect controls, and books.

Stokes Seeds: 39 James Street, Box 10, St. Catherines, ON, L2R 6R6. 905 688-4300, 905 684-8411 fax. The old stand-by for Canadian gardeners, featuring a huge selection of vegetables and flowers with excellent growing information.

Vesey's Seeds Ltd: York, PEI, C0A 1P0. 902 368-7333, 902 566-1620 fax. Untreated seeds for short-season vegetables with some flowers and herbs. <>

Community Access and Integration is Upcoming AGM Theme

Come to the meeting on April 17th and pitch in to help. It will be a short Annual General Meeting, then speakers from other organizations in the Ottawa-Carleton community will kick off a six-month process where three important planning and public health institutions will formally listen to the concerns of persons with environmental sensitivities.

Representatives of the Ottawa-Carleton Social Planning Council, the Ottawa-Carleton Regional District Health Council, and the Health Department of the Regional Municipality of Ottawa-Carleton will form the panel on "Community Access and Integration". Each will briefly outline the mandate of his or her organization, then listen to consumer concerns by dividing into small group workshop sessions. The evening discussions will include community access, employment, and social concerns about our lives as people in the local community.

The institutional representatives are:

Heather McCormack, Health Planner, Ottawa-Carleton Regional District Health Council. Heather helped the DHC put on a very well-attended conference about sensitivities in 1990. It was the Health Council that was trying to decide which hospitals to close, after the province told them it would have to happen. The Health Council also helped sponsor our Childrens' Conference, last summer, a conference which greatly facilitated networking with other groups and elements of officialdom. Consumers would express concerns about the accessibility of health facilities and services, rehabilitation, and possibly some information about how attitudes affect community life.

Al Raven, Director of Environmental Health, Health Department, Regional Municipality of Ottawa-Carleton. Al's department also helped sponsor the Children's Conference. Associate Medical Officer of Health, Dr. Ed Ellis, has been helpful over and over again.

Terry Gilhen, Executive Director of the Ottawa-Carleton Social Planning Council. The Social Planning Council is the forum for the discussion of consumers' social well-being in the community, including access to employment, transportation, public facilities, goods and services, rehabilitation, and the accommodation of special needs.

These three, or their representatives, joined by a representative from Ottawa Branch of AEHA, will meet with persons with environmental sensitivities for six half-days over the summer, listening to concerns along the theme of "Community Access and Integration".

The general topic areas include community accessibility such as public transit, shopping, entertainment venues, and, more importantly perhaps, schools, public buildings, health facilities, places of employment, and social service delivery. Consumers have also expressed an interest in health planning and public health concerns. Some other areas are rehabilitation; attitude problems (usually based on misconceptions); alternate forms of employment; movie theatres (perfume); correction fluid, markers, and other products in classrooms; lawn and other pesticide spraying, including on buses; cigarette smoking in bus waiting areas and around entrances to public buildings and places of employment; shortage of assisted housing including emergency housing; water sources; and residential and agricultural zoning.

We have achieved a lot of acceptance in the past decade in the areas of health and education, and we are providing an opportunity for consumers to express their concerns to the important organizations represented by these committee members. They will report back to their organizations in the Fall of 1997, and then to the community at large.

Chris Brown (236-7683)

Ottawa AEHA Board Member

"Community Access and Integration"
Annual General Meeting
Ottawa Branch
Allergy and Environmental Health Association
7:30 p.m., 17 April 1997
at McNabb Community Centre
180 Percy at Gladstone

AEHA Volunteer Opportunities

Are you interested in contributing or do you have an idea or project you wish to pursue in the context of AEHA? Please leave a message on the 860-AEHA line detailing what you would be interested in, and a volunteer will get back to you within a few days.

Welcome aboard! Your contribution is much appreciated and will make a difference. Together we can make significant changes.

Small Jobs

1 Several volunteers are needed to pick up the messages on the 860-AEHA line (on a rotational basis) and refer them to the appropriate person on our contact list.

2. A co-ordinator is needed to look after volunteers, matching AEHA needs and volunteer interests.

3. Additional callers are required for the telephone tree. This involves calling about 6 - 8 people once every month or two.

4. A telephone caller is needed to co-ordinate Executive Board meetings and communications. This would involve calling up to about 12 people two or three times a month.

5. Someone to mail out materials which are requested by members or the public - such as information kits, education kits, *Source Books*, etc.

6. Publicity materials. A volunteer is needed to write up a short paragraph about upcoming meetings or workshops, in consultation with the person who will lead the meeting, and send out the publicity to a list of locations.

7. Researcher to write articles--about carpets, pesticides, perfume, bus idling or whatever is your priority. These could then be used as distribution materials and/or as articles for *Eco-Sense*.

8. Someone to copy the audio and video tapes and to label video tapes.

9. Printing. This involves responsibility for getting quotes, picking up material to be printed, delivering to printer and pick-up from printer, getting cheque from Treasurer to pay printer etc.

10. Desk-top publishing updating. This involves occasionally updating brochures, or other documents as needed, and putting together new ones as required.

11. Workshop co-ordinator--take registrations, write up a blurb for *Eco-Sense*, check with the person providing the workshop, answer any questions (or refer them) regarding the workshops, arrange meeting location for workshops.

12. Arrange for wild blueberry sales to members, etc. This involves taking orders, placing an order for the blueberries and co-ordinating the pickup.

13. Fund-raiser. This can be at two levels, take your pick: organizing t-shirt sales, buttons etc. and/or doing grant applications or talking to appropriate businesses.

14. Meeting co-ordinator. This involves contacting people the Board wishes to ask to make presentations for meetings, assigning dates, writing up a small blurb for *Eco-Sense*, etc.

15. Putting together membership materials for distribution, photocopying, etc.

16. Cataloguer for library.

17. Someone to staff info table at meetings and workshops.

18. Someone to staff brochures yable at workshops.

19. Backup for videotaping of meetings.

20. Assistant for membership chair--logging and data entry for memberships.

21. Someone to produce labels (and mark those needing reminders) for *Eco-Sense* 3 times a year; buy stamps and supplies and write/update form letters.

22. Audio-taping for meetings and workshops.

23. Filing.

24. Librarian: (Preferably centrally located).

More Senior Positions

1. Secretary--for minutes, thank-you letters, agendas, etc.

2. Put together a list common questions and answers from members and others to help people answering the phone line.

Volunteer--cont.

3. Compile a set of questions and answers/references for education/school board questions.

4. Co-ordinate and document--"Where did you get sick?"--Building - related

5. Co-ordinate and document--"How did you get sick?"--Pesticide, iatrogenic (antibiotics, drugs, birth control pills), toxic exposures, diet, water, etc.

6. Co-ordinate and facilitate process for reducing obstacles within CPP. This would involve working with members and with CPP policy people to end discrimination and misunderstanding regarding claims by people with environmental sensitivities.

7. Facilitator.

8. Three vice-presidents.

9. Assistant for *Eco-Sense* editor.

10. Trainers for volunteers--exhibits, telephone tree, workshops, etc.

11. Translator for brochures and documents.

12. Translation editor.

13. Someone to provide computer backup and technical assistance.

14. Membership chairperson.

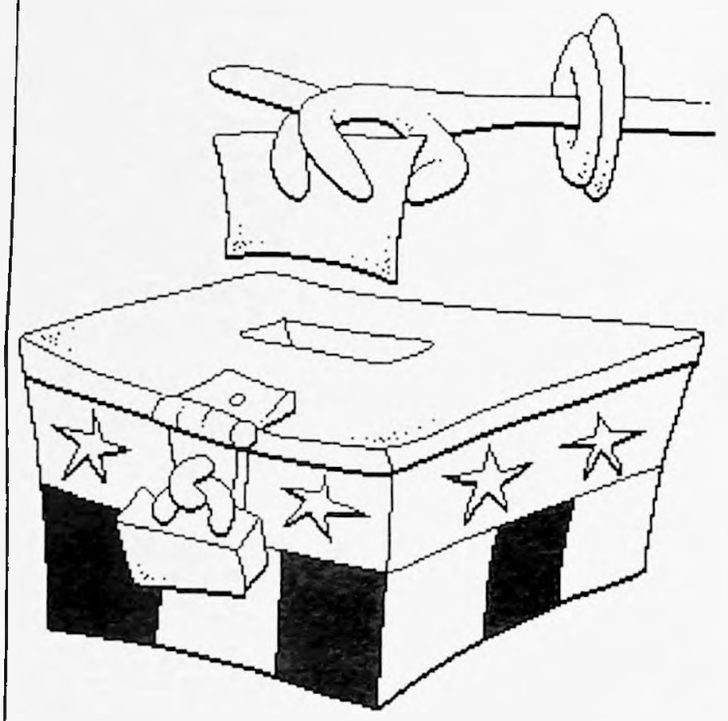
Get involved! Big job or small - you'll find out more about the area you're interested in, and help others to help themselves at the same time. <>

VOTE, VOTE, VOTE!!

It's soon the time of year to cast your ballot for the new executive of AEHA, Ottawa.

If you will not be able to attend the Ottawa Branch, Annual General Meeting, on April 17th, you can still have your vote count.

Complete the proxy form included with this *Eco-Sense*, authorizing someone you choose to vote on your behalf. Return one copy to AEHA, and give one to the person you've chosen to cast your vote at the meeting. <>



Net News

Many members are finding helpful information on the Internet. Here are some web sites for you to check out.

Latex allergy web site with multiple links:
http://www.netcom.com/~nam1/latex-allergy.html

Environmental Health Center-Dallas:
http://www.ehcd.com/ehc.html

Environmental and Preventive Health Center of Atlanta:
http://www.EnvPrevHealthCtrAtl.com

Free subscription lists:

1. LISTSERV@HOME.EASE.LSOFT.COM
   In the SUBJECT header type: SUBSCRIBE
   In the BODY of the message type: SUBSCRIBE MCS-IMMUNE-NEURO

2. LISTSERV@HOME.EASE.LSOFT.COM
   In the SUBJECT header type: SUBSCRIBE
   In the BODY of the message type: SUBSCRIBE MCS-FELLOWSHIP

* This list is for religious fellowship among MCS sufferers.

ALLERGY & ENVIRONMENTAL HEALTH ASSOCIATION (OTTAWA BRANCH)

Statement of Revenue & Expenditure for year ended Dec 31, 1996.

Revenue

Membership fees	$4583.80
Donations	325.00
Workshops	145.00
Sales - publications, T-shirts, buttons, posters, blueberries	1821.85
Meat sales	1683.16
Advertising in Eco-Sense	1205.00
From AEHA CANADA in support of Cdn Assn of Family Resource Programs	315.80
Misc	86.98
Bank deposit interest	18.09
Total Revenue	$10184.68

Expenditure

Portion of memberships to AEHA CANADA	$2610.00
Printing & photocopying	$3242.26
Books	86.68
Postage	804.64
Meeting room	118.77
Entertainment books	132.24
Meat & expenses	1760.53
Blueberries	182.50
Office supplies	585.19
Telephone & fax	747.22
P O Box rental	69.55
Honorarium	106.58
C.A.F.R.P. Conference exhibit booth	100.00
OUR KIDS Conference reg'n fee	50.00
Misc	138.60
Total Expenditure	$10734.76

Balance Dec 31, 1995	$3550.22
Revenue for 1996	10184.68
Total	13634.90
Expenditure for 1996	-10734.76
Balance Dec 31, 1996	$2900.14

Branch News

ORGANIC FOOD

We have a large supply of chemical-free meat available.

MOOSE: $2.50/lb hamburger
$3.50/lb medium cuts
$4.50/lb premium cuts

DEER: $3.00/lb hamburger
$4.00/lb medium cuts
$5.00/lb premium cuts

CHICKENS
(organic, average 8 lbs each):
$2.75/lb

Call Mel or Carolyn McCoy for a pick-up appointment, 825-0279

MEMBERSHIP

Reminder. You must be a member in good standing in order to be able to vote at the Annual General Meeting. Renew today by sending $25 to AEHA Ottawa, RPO Shopp/City West, Box 33023, Nepean, ON, K2C 3Y9.

TIDBITS

- AEHA Lunch Bunch

Starting Thursday, January 23rd, AEHA will be starting a lunch bunch group. We will be meeting at the Green Door restaurant every other Thursday at 2:00 pm. Anyone who would like a little social contact with others in their situations, just show up for lunch and conversation. For more information call Sue Johnston at 725-3970.

- Parker Clean now offers Aqua Clean (wet "dry" cleaning process) as an alternative to dry-cleaning. The turnaround time is two or three days. Has anyone used this process yet? How is it for smell? Members can leave a message at 860-AEHA. *Eco-Sense* will provide an update of people's experiences.

- NEWS FLASH!
Jean Corriveau of Sleeptek is making customized, chemical-free beds (with a prescription) and pillows using organic cotton and/or wool. He has changed the construction of his mattresses by adding removable quilted pads on each side of the mattress. The result is
wonderfully decadent comfort. I can stay in bed an additional two hours before my body pain forces me out of bed! For best results, remember to wash (at least twice in tolerated detergent) and IRON (yes, I said IRON) the cotton ticking before Jean makes your bed. Enjoy! Thanks, Jean! Elizabeth Hare (formerly Stutt)

FUNDRAISING

The word is out--this is the book you need!

Source Book for Persons with Environmental Sensitivities.

members $6
non-members $7

Buy your copy at the next AEHA Ottawa Branch meeting or send a cheque with your request to Lynn Cicutti, 14 Wildbriar Way, Nepean, ON, K2G 5B4.

Other hot sellers:
"Clean Air has NO Scent"
T-shirts ($20)
posters ($2)
buttons ($2)

All items are also available at our meetings. Help spread the word that we don't tolerate scents!

AEHA Student Kit $15.00

CLASSIFIEDS

- Two, three-year-old chemical-free extra-long twin mattress and box spring sets with bed frame, metal headboard, mattress cover and bedspread. $200/set (delivery extra). Call Elizabeth at 825-8388.

- Stainless steel water distiller
MIDI STILL-D Purewater Inc.
Just like new, asking price $500, negotiable
Call Nancy Charette, 224-2338

Dates to Remember

Meetings

AEHA Ottawa meetings are held at the McNabb Community Centre, 180 Percy Street (1 block north of Gladstone and 1 block east of Bronson), in Ottawa, at 7:30 p.m.

Call 860-AEHA for the latest information on meetings or workshops.

Workshops

Registration: $10 for members, $15 for non-members. Make out your cheque to "AEHA Ottawa" and send to WORKSHOPS, Nepean RPO Shopp/City West, Box 33023, Nepean, ON, K2C 3Y9, at least one week before the event, or call (613) 860-AEHA, and a volunteer will call you back within a few days.

FEBRUARY

Documenting Your Case--February 20
7:30 p.m.

Guest speakers: George Cameron-Caluori, director legal advocacy program, ME Canada and James Infantino, disability insurance and pension co-ordinator, Public Service Alliance Canada.

An informative presentation with a question period to follow. Topics will include disability claims procedures, CPP appeals requirements, disability tax credits, and more.

Dynamic Performance Workshop (Brain Gym)--February 8
with Irish Sullivan

Did you know certain movements can help you think better? To learn more, come to the Dynamic Performance Workshop with Instructor, Irish Sullivan. Learn how specialized Brain Gym movements, at the neurological and physiological level, can help you reach your optimum mental potential.

1p.m., Saturday, February 8, 1997, at 343 Roxdale, Orleans.

MARCH

No meeting in March.

No workshop in March.

APRIL

Community Access and Integration--April 17
7:30 p.m.

Annual General Meeting, Ottawa Branch, AEHA, featuring representatives from the District Health Council, Social Planning Council, and the Health Department, to discuss concerns on the topic of "Community Access and Integration".

Nutritional Wisdom Workshop--April 5
with Arthur Read

Long-standing AEHA member, Art Read, shares knowledge gleaned from years of study and a lifetime of experience regarding diet and nutrition designed to heal and maintain long-term health. An opportunity not to be missed!

1p.m., Saturday, April 5, 1997.

Herbal Knowledge Workshop--April 26
with Louise Ardern

Would you like to learn more about growing and using herbal remedies? You can...at the Herbal Wisdom Workshop. Louise Ardern, a prominent organic herbalist, will explain how to grow herbs organically and safe alternatives to commonly-used drugs.

1 p.m., Saturday, April 26, at the McNabb Community Centre, 180 Percy Street, Ottawa.

ANNOUNCING...

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Clinic Pharmacy

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Quest Vitamins

natural Factors

Hours of Operation:
Weekdays 8:30 am - 6 pm
Saturdays 9 am - 5 pm
Sundays 11 am - 4 pm

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Physicorp, Gahler, Li Chung Yun, Albi & Vogel Herbal Remedies

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